



ROASTING GUIDELINES

CUT OF MEAT	WEIGHT (LBS)	COOKING TEMP (°F)	COOK LEVEL	COOKING TIME (MIN/LB)	INTERNAL TEMP (°F)	NOTES
BEEF	3-6	325	Rare	26	140	Boned & rolled roasts increase cooking time 5-10 min.
			Medium	30	160	
			Well Done	35	170	
PORK		350			170	
LEG				45-50	170	
RIB/LOIN				35-40	170	
SHOULDER/PICNIC				40	170	
BONED & ROLLED				55	170	
SHOULDER/BUTT				40-45	170	
LAMB		325				
LEG			Medium	35	160	
			Well Done	40	170	
CROWN			Well Done	45	170	
SHOULDER			Well Done	35	170	
BONED & ROLLED				40	170	
VEAL		325				
LEG			Well Done	35-40	170	
LOIN			Well Done	35	170	
SHOULDER			Well Done	40	170	
BONELESS ROLL			Well Done	55	170	
CURED/SMOKED HAM	12-15	325		16-17	145	How to finish baked ham:
	10-12	325		18	145	About 45 min before time is up, remove from oven.
	Under 10	325		20	145	Take off rind and cut fat surface into squares or diamonds.
	Half Ham	325		22	145	Stud each square with a whole clove.
SHOULDER/PICNIC	5	325		30	170	Ham may be spread with paste of 1 cup brown sugar,
	8	325		25	170	1 tsp dry mustard, 2-3 tsp vinegar, honey or syrup.
BONELESS BUTT	2	325		45	170	Return to oven for 45 min.
	4	325		35	170	Baste occasionally with fruit juice, cider or pickled peach juice.
TURKEY	4-8	325		3-4 hrs total	165	
	8-12	325		4-4.5 hrs total	165	
	12-16	325		4.5-5 hrs total	165	
	16-20	325		5.5-7 hrs total	165	
	20-24	325		7-8.5 hrs total	165	
GOOSE	8-12	300-325		4-5 hrs total	165	Pour off fat as it accumulates in pan. Don't cover or baste.
DUCK	4-6	300-325		3.5-4 hrs total	165	
CHICKEN	4-5	325		2.5-3 hrs total	165	
	Over 5	325		3-4 hrs total	165	

ROASTING TIPS:

1. A meat thermometer is the only sure test for the doneness of meat. The minutes per pound are only a guide. Insert meat thermometer in centre of thickest part of meat; not touching bone; nor resting in fat.
2. Place fat side up on rack in open pan in preheated oven.
3. Do not add water, do not cover and do not baste.
4. When cooking roasts directly from the freezer, increase cooking time 10 to 15 minutes per pound.
5. To reheat without losing flavour wrap roast in aluminum foil or parchment paper, heat in a slow moderate oven (325 °F) to an internal heat of 130°F.